

March 2022

Daybreak Daily Schedule

7:30 Morning Coffee and Snacks	1:30 Gross Motor Game
9:15 Newspaper Reading	2:15 Fitness
9:30 Fitness	2:30 Snack
10:00 Bingo	2:45 Fine Motor Game
11:00 Reminisce	3:30 Thinking Game
11:45 Lunch	4:15 Socialization
12:45 Relaxation	

*Schedule is subject to change



Monday	Tuesday 	Wednesday 	Thursday	Friday
<p>*Sunday, March 13 *</p> 	<p>1 AM Fit: Light N Lively Gross Motor: Bean Bag Toss PM Fit: Fittersitters Fine Motor: Dice Bingo Mardi Gras!!!!</p>	<p>2 AM Fit: Fittersitters Jazz Music Gross Motor: Bowling Pin Target PM Fit: Seatworks Fine Motor: Bingo</p>	<p>3 AM Fit: Jumpstart Craft Gross Motor: Hula Hoops PM Fit: Favorites Fine Motor: Shapingo</p>	<p>4 AM Fit: Sittercise A Movie Day! Gross Motor: Splat Toss PM Fit: Sittercise B Fine Motor: Puzzles</p>
<p>7 AM Fit: Fittersitters Gross Motor: Basketball PM Fit: Greatest Hits Fine Motor: Board games</p>	<p>8 AM Fit: Sittercise A Paws 4 Love Gross Motor: Ring Toss PM Fit: Chair Yoga Fine Motor: Dominoes</p>	<p>9 AM Fit: Sittercise B Jazz Music PM Fit: Favorites Fine Motor: Bingo</p>	<p>10 AM Fit: Seatworks A Craft Gross Motor: Bean Bags PM Fit: Chair Dancing Fine Motor: Dice Bingo</p>	<p>11 AM Fit: Seatworks B Movie Day! Gross Motor: Balloon Toss PM Fit: Sit down and Tone up Fine Motor: Colorng</p>
<p>14 AM Fit: Jumpstart Gross Motor: Frisbee PM Fit: Simply Stretch Fine Motor: Mr. Potato Head and Puzzles *Set clocks FORWARD 1 hour Sunday 3/13*</p>	<p>15 Am Fit: MMM&Body Gross Motor: Wild West Target PM Fit: Favorites Fine Motor: Animal Sounds Bingo</p>	<p>16 AM Fit: Magic of Movement Jazz Music PM Fit: Music in Motion Fine Motor: Bingo</p>	<p>17 ST. PATRICK'S DAY AM Fit: Sittercise Gross Motor: Golfing PM Fit: Stars and Stripes Fine Motor: Craft </p>	<p>18 AM Fit: Light N Lively Movie Day! Gross Motor: Tennis Ball Target PM Fit: Music in Motion Fine Motor: Board Games/ Puzzles</p>
<p>21 AM Fit: Sittercise A Gross Motor: Parachute PM Fit: WHOGA Fine Motor: Dominoes *FIRST DAY OF SPRING* Sunday, March 20*</p>	<p>22 Am Fit: Seatworks A Gross Motor: Bullseye PM Fit: Sit and be Fit Fine Motor: Jenga/ Puzzles</p>	<p>23 AM Fit: Lite N Lively Jazz Music PM Fit: Latin Soul Fine Motor: Bingo</p>	<p>24 AM Fit: Chair Exercise Gross Motor: Bowling PM Fit: Stars and Stripes Fine Motor: Craft</p>	<p>25 AM Fit: Seatworks Movie Day! Gross Motor: Balloon Toss PM Fit: Light N Lively Fine Motor: Coloring</p>
<p>28 Am Fit: Rubber band Gross Motor: Cones PM Fit: Chair Yoga Fine Motor: USA Bingo</p>	<p>29 Am Fit: Rubber band Gross Motor: Bullseye PM Fit: Latin Soul Fine Motor: Dice Bingo</p>	<p>30 AM Fit: Fittersitters A Jazz Music Gross Motor: Knock Down Cans PM Fit: Fittersitters B Fine Motor: Bingo</p>	<p>31 AM Fit: Noodles Craft Gross Motor: PM Fit: Sit down Danc-ing Fine Motor: Board games/ Puzzles</p>	<p>Everyone's Irish On March 17th. </p>